

Cauliflower Shells with Cheese

Makes: 7 Servings

Ingredients

1 pound whole wheat pasta shells

8 cups water

2 cups chopped cauliflower

1 1/2 cups milk, non-fat

1 teaspoon garlic salt

1 cup flour

1/4 cup vegetable oil

1 cup cheese, low-fat

Directions

- 1. Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
- 2. Drain pasta and fill the same pot with 2 cups of water, bring to a boil.
- 3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
- 4. Placed the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth.
- 5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.
- 6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

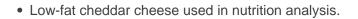
Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	409	
Total Fat	10 g	15%
Protein	18 g	
Carbohydrates	66 g	22%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	136 mg	6%

MyPlate Food Groups

Vegetables	1/4 cup	
Grains	3 1/2 ounces	
Dairy	1/2 cup	

Notes



Michigan State University Extension - Midland County. With Veggies, More Matters! cookbook